

**In the Claims:**

This listing of claims will replace all prior versions of claims in the application:

Claims 1 – 23 (canceled)

24. (New) A clothing article comprised of clothing material including one or more portions to be worn over one or more joints of a wearer and, incorporated onto or into the portion or each of said portions, a plurality of elongate resilient pieces which extend through each portion, each of which, when not under external stress, has a particular shape and, when the article is not being worn, maintains substantially that shape against the weight of the clothing material, and which are arranged parallelly and co-extensively with each other within the article so that, when the article is received over the joint(s) of the body and the joint(s) bends(s), the clothing material tends to maintain the parallel positioning of the elongate resilient pieces;

25. an article according to claim 24, wherein the elongate resilient pieces, when the article is being worn and said joint(s) bend(s), bend to provide most of exercise resistance rather than stretch longitudinally to provide most of exercise resistance;

26. an article according to claim 24, wherein each elongate resilient piece takes the form of a strip of elastomeric material bonded to the clothing material;

27. an article according to claim 26, wherein each strip is of circular

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segmental cross-section to provide a flat face giving a relatively significant area for bonding;

28. an article according to claim 24, wherein each elongate resilient piece takes the form of a strip of elastomeric material formed integrally with said clothing material;

29. an article according to claim 24, wherein each elongate resilient piece is encapsulated in a pocket at said clothing material;

30. an article according to claim 29, wherein each elongate resilient piece is a helical extension spring;

31. an article according to claim 29, wherein each elongate resilient piece is an elastomeric rod;

32. an article according to claim 24 and in the form of any one of the group consisting of:

- a. a full body suit with said portions to be worn over at least the wearer's elbow, shoulder, hip and knee joints,
- b. a body shirt, with said portions to be worn over the wearer's shoulder joints,

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- c. high-waist, thigh-length shorts, with said portions to be worn over the wearer's hip joints,
- d. a sleeve, with said portion to be worn over one of the wearer's elbow joints,
- e. a legging, with said portion to be worn over one of the wearer's knee joints,
- f. a glove, with said portions to be worn over one set of the wearer's wrist, finger and thumb joints, and
- g. a stocking, with said portion to be worn over one of the wearer's knee joints.

33. an article according to claim 24, wherein said clothing material is lightweight, flexible, stretchable and form-fitting;

34. a method comprising bending a body joint against bending resistance of a plurality of elongate resilient pieces which extend through a portion of clothing material worn over said joint, the bending resistance providing most of the exercise resistance, said method further comprising, during said bending, maintaining the elongate resilient pieces substantially parallel to each other;

35. a clothing article comprised of clothing material including one or more portions to be worn over one or more joints of a wearer and, incorporated onto or into said portion(s), one or more elongate resilient pieces which extend(s) through

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said portion(s), each of which, when not under external stress, has a particular shape and, when the article is not being worn, maintains substantially that shape against the weight of the clothing material, and each elongate resilient piece taking the form of any one of the group consisting of:

- i. a strip of elastomeric material bonded to the clothing material and of circular segmental cross-section to provide a flat face giving a relatively significant area for bonding,
- ii. a strip of elastomeric material formed integrally with said clothing material,
- iii. a helical extension spring, and
- iv. an elastomeric rod.

36. an article according to claim 35, wherein the or each elongate resilient piece is one of said helical compression spring and said elastomeric rod and is encapsulated in a pocket at said clothing material.